



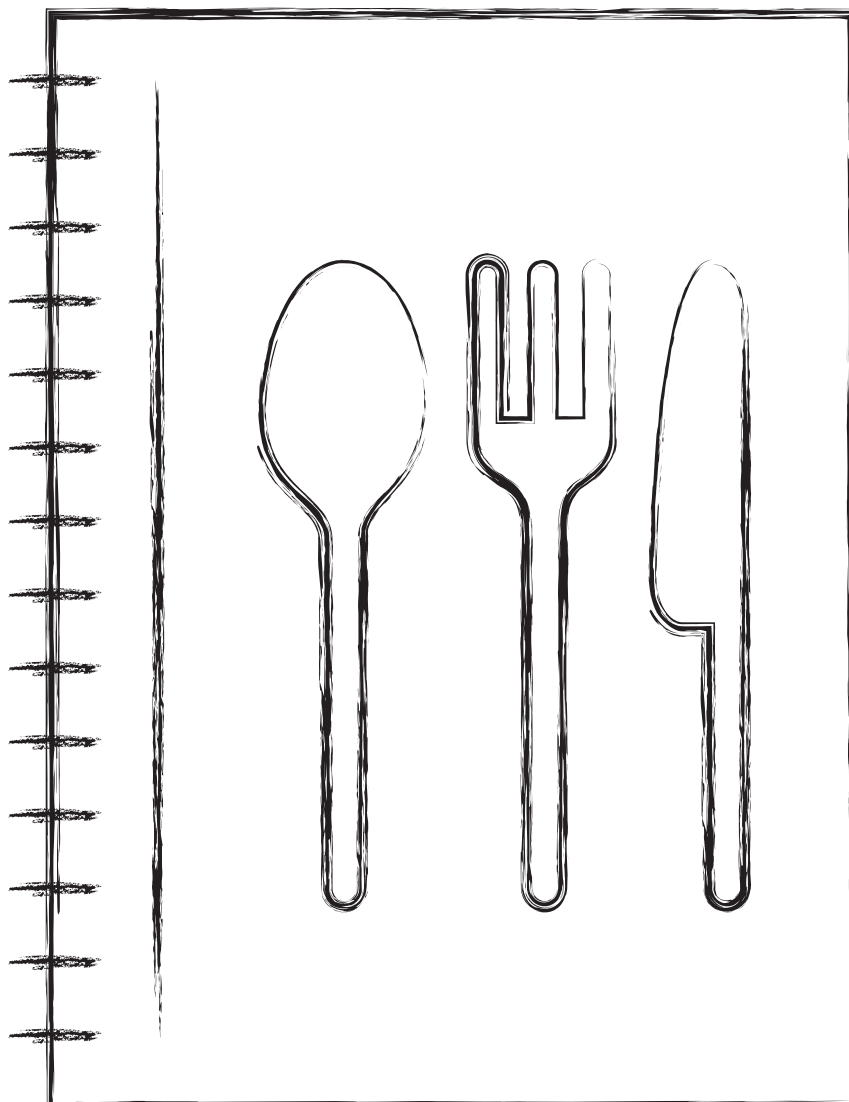
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RECIPES DAY 1

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Breakfast Day 1: Egg and Sweet Potato Open Face Sandwich

INGREDIENTS

2 servings

- 1 Sweet Potato, scrubbed
- 1 Egg, hard cooked and peeled
- 2 tbsp Cilantro Fresh, chopped
- 2 tbsp 0% Plain Greek Yogurt
- 1 tbsp Mango Chutney
- 1/2 tsp Curry Powder
- pinch of Salt and Pepper
- 2 slices Grain Bread, toasted
- 1/4 cup Cucumber, thinly sliced



INSTRUCTIONS

1. Poke the sweet potato with fork a few times all over. Place in microwave and cook on High for about 3 minutes or until tender. Let cool slightly.
2. Peel the sweet potato and place in bowl with the egg. Using a potato masher or fork, roughly mash together. Stir in cilantro, yogurt, chutney, curry powder, salt and pepper.
3. Spread over bread and top with cucumber.

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Lunch Day 1: Carrot Chickpea Burgers with Tomato Salsa

INGREDIENTS

2 servings

Grape Tomato Salsa:

- 1/3 cup Grape Tomatoes, halved
- 2 tsp Parsley, chopped
- 1/3 Green Onion, chopped
- 1/2 clove Garlic, minced
- Pinch each Salt and Fresh
- Ground Pepper
- 1 tsp Cider Vinegar

Burgers:

- 1 tbsp Canola Oil divided
- 1/3 Leek (white and light green part only), thinly sliced
- 1 clove Garlic, minced
- 2/3 Carrots, shredded
- 1/3 can Chickpeas, drained and rinsed
- 1/4 cup Vegetable Broth
- 1/2 Egg
- 1/4 cup seasoned dry breadcrumbs
- Pinch of salt, fresh ground pepper



INSTRUCTIONS

For the Grape Tomato Salsa:

1. In a bowl, combine the tomatoes, parsley, onion, garlic, salt and pepper.
2. Drizzle with vinegar; set aside.

For the burgers:

1. Heat 1 tbsp (15 mL) of the oil in a large nonstick skillet over medium heat. Cook carrots, leek and garlic for about 6 minutes or until softened. Add the chickpeas and broth; cover and cook for 3 minutes or until broth is absorbed. Mash mixture with potato masher; let cool slightly.
2. Scrape chickpea mixture into a bowl and stir in egg, breadcrumbs, salt and pepper. Shape into 2 patties.
3. Heat remaining oil in skillet and pan fry the patties about 4 minutes on each side until golden brown. Serve with Grape Tomato Salsa.

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Dinner Day 1: Zucchini Ricotta Rolls

INGREDIENTS

2 servings

- 1/3 tub Ricotta Cheese
- 1 Egg
- 4 tsp Fresh Parsley, chopped
- 4 tsp Fresh Basil, chopped
- 1/2 cloves Garlic, minced
- Pinch of Salt and Fresh Ground Pepper
- 1/3 cup Tomato Basil Pasta Sauce
- 1 Zucchini 7 inches long (about 1 1/4 lb)
- 4 tsp cup Parmesan Cheese, grated



INSTRUCTIONS

1. In a bowl, stir together ricotta cheese, egg, parsley, basil, garlic, salt and pepper; set aside.
2. Spread sauce over bottom of 11 x 7 inch (2 L) greased baking dish.
3. Thinly slice zucchini lengthwise and spread about 2 tsp of the ricotta mixture over each zucchini slice. Roll up and place in baking dish. Sprinkle with Parmesan cheese.
4. Bake, uncovered in 375 F (190 C) oven for 45 minutes or until zucchini is tender and top is golden.